How To Set Your Mind To Achieve Your Goals

“We hold values that creates our beliefs, and those either moves us forward, hold us back, or take us backwards.”

Ilan Halfon

Please write down 10 values that you currently have:

Some questions and example answers that might be helpful:

- What do I value as healthy?
- What core values might contradict with my goal?
- What values are so engraved in me and could be replaced with greater ones to help me move and grow forward?
- What are my beliefs about weight?
- What are my beliefs about food?
- What are my beliefs about healthy lifestyle?

- Exercise, positive thinking, strength.
- Weekends - time to be lazy, healthy people are annoying.
- Success, career, school, parents.

- Weight - must be controlled and checked daily.
- Food is for pleasure only.
- Healthy lifestyle is for reach people.

Place the 3 to 5 that are most valuable for your new goal.

If The ones you have chosen doesn't relate toward your goal, set them aside and bring others that does.

Let’s become the change.

Add to each one of those values, that relates towards your goal, at least 3 beliefs that works for you.

Something that every time you do it, you create a positive “vibration”, feeling within you. .

For example:
If “health” is my value, I might have:
“Every time I eat cooked food I feel healthy”

Please write down a statement based on those values that makes you feel empowered, driven, to get your goal.

For example:

I live a positive active life to keep my body fit and strong.

Try to picture what kind of behaviour a person with those kind of values will have, BUT, please remember, one must reshuffle his/hers values to create new behaviour to achieve GREAT results.

We choose what we think, therefore we create what we feel, so we act upon those feelings, and the results are the reflection of what we think.

“We are what we think. We are what we eat. We are what we value the most.”

Choose wisely.

To create a beautiful new story for yourself to follow.

ILAN HALFON

Wellness Coaching